

Cammeraygal High School

Empowered to Achieve



01 PRINCIPAL'S REPORT

___ P&C

MESSAGE FROM THE PRINCIPAL

Dear Parents/Caregivers,

The Week 8 newsletter will highlight the huge array of activities that have been occurring over the past 3 weeks, including NAPLAN, Year 10 camp, IWD events, the whole school swimming carnival. With 4 weeks to go until the end of the term we still have many activities and events to come including the celebration of Harmony week and our commemorative Anzac Day assembly on the last day of the term.

International Women's Day morning tea at Cammeraygal

Cammeraygal High school celebrated IWD with 2 events on March 8th. The first was a morning tea in the West Street Hall that had all girls from both sites hear an inspiring presentation from Natalie Barr from the Sunrise programme.

Ms Sands DEL, North Sydney Network attended the inspiring morning tea with the Cammeraygal girls from both campuses.



Natalie shared her stories about rising through the challenges of being a successful female journalist and the girls were inspired by her stories of resilience and determination in a very competitive industry.

CALENDAR

TERM 1

WK 8 | 18 – 22 March

Wednesday 20 March	Sydney North Swimming Carnival
Thursday 21 March	Year 12 Visual Arts ArtExpress Excursion

UPCOMING EVENTS

Monday 25 to Thursday 28 March	Year 11 assessment block
Friday 29 March to Monday 1 April	Easter (Public Holiday)
Tuesday 9 April	Year 9 Butterfly Foundation Presentation – Let's Talk Appearance Ideals and Expectations

NEXT P&C MEETING
TUESDAY 2 APRIL
6PM
VIA ZOOM

PRINCIPAL'S REPORT CONTINUED



Natalie Barr and School Captain Sydney A.

The School Captain and Vice Captains then attend the International Women's Day lunch at the ICC. They heard inspiring international speakers talk about the outcomes for women globally. All the captains reported back to me about how rewarding the lunch was and they felt lucky to have attended and been given the opportunity. Thank you to Ms Gale who organised for Natalie Barr to visit and to Ms Shorter and Ms Gale who attended the lunch with our school captains from both sites.



School captains and vice Captains at the UN IWD lunch at the ICC.



Year 10 Camp

By all accounts the Year 10 camp was a huge success with our year 10, 3 days of real camping, not glamping with their teachers! A great time was had by all students, and we now have embedded the year 10 camp into our regular wellbeing programme. A huge thank you to Ms Hicks, Ms Richards, Mr McIntyre, Mr Whittred, Mr Wilcox, Mr Hall, Ms Abeywickrama, Ms Wong, for supporting our students to attend these invaluable camps.

Swimming Carnival

The annual whole school CHS swimming carnival was a huge success in week 7. We had all of students supporting their houses and enjoying the day at Lane Cove Aquatic centre. We were so impressed with our student's engagement and behaviour on the Day! I would like to commend our students for their fantastic school spirit! Thanks to Mr Coles for the exemplary organisation of the event. The Zone swimming carnival followed the school carnival and many of our CHS swimmers did us proud at this event, taking them into the regional swim meet.



PRINCIPAL'S REPORT CONTINUED

Congratulations to Sophie R in year 12 who was successful in gaining a 10th place in NSW for the 2023 HSC in Society and Culture. This was an incredible achievement considering that Sophie was an accelerated year 11 student at the time. The photo below was taken at the Society and Culture awards at the NSW State Library with her teacher Ms Sadaf Hakimi and Jodi Arrow Deputy Principal. Congratulations to Ms Hakimi as well on a great achievement in her teaching.



Sophie R - Society and Culture awards ceremony, 10th in NSW Society and Culture 2023 HSC exam.

Congratulations to Year 7 Kaito K, who competed in the National Youth Beach Volleyball Championship this week for the NSW U14 Representative Team. After competing in multiple games, Kaito's team was able to secure 2nd place, an amazing sporting achievement! Well done team!



Kaito K – Left side of the 2nd place stand.



Preparing to set the ball.



About to serve the ball.

Year 11 Assessment Blocks

Week 9 will see all of year 11 embark on their first assessment block for their stage 6 learning. We wish them all the best in these challenging assessments that will prepare them for their ongoing achievement of outcomes stage 6 learning. They will not have normal classes and only need to attend school when they have an assessment.

NAPLAN Assessments Completed

All of year 7 and year 9 have now completed their NAPLAN assessments for 2024. This includes students who had to do catch up tests due to absence. Students managed the process very well and we look forward to seeing their results.

I look forward to seeing many of you at the P&C zoom meeting on April 2nd.

Kathy Melky
Principal

Deputy Principals' Report

DEPUTY PRINCIPAL'S REPORT

SENIOR CAMPUS

Year 10 Camp

Firstly, I wanted to acknowledge the students in Year 10 who attended camp last week. It was a wonderful opportunity for our students to experience the power of outdoor education in a safe, supportive environment.



On the banks of the Colo River, one of the most pristine rivers in NSW, students engaged in a range of activities to strengthen their connections with their peers, undertake challenges, and enhance their skills in a new setting. In small groups, students camped overnight in tents, cooking their food for dinner and working in teams. Students benefitted from experiencing a range of activities from hiking, canoeing, kayaking, raft building, rock climbing, abseiling, high ropes, archery, a relaxing float down the river in an inflatable tube or the muddier experience of an obstacle course on the shore. The teachers and I were so impressed with the cohort's can-do attitude, problem solving ability and care for one another.

DEPUTY PRINCIPAL'S REPORT CONTINUED

Students were cooperative and well-behaved, respecting their peers, the camp leaders and teachers. All students should be proud of their achievements on this camp. Experiences like these are so valuable for students, and we want to thank our students and their families for supporting this initiative. I also want to recognise the teachers and support staff who attended: Mr Wilcox, Mr Hall, Ms Wong, Ms Abeywickrama, Mr Whittred, Mr McIntyre, our SLSOs Harrison and Taylor, and especially Mr Occelli and Ms Hicks for their organisation and advocacy for this camp. We hope the students came back home with great stories about their time away.



Year 10 Assessments

We have been so impressed with the grade's work ethic coming back from camp as they have completed a variety of assessments this week. If students are away for assessment tasks, parents/carers are to contact the Faculty Head Teacher on the morning the task is due to explain the illness/misadventure. In the Year 10 Assessment Booklet, there is a copy of the "Year 10 Illness / Misadventure and Non-attempt Form" and this should be returned to the class teacher (or Faculty Head Teacher). Students should be prepared to submit / attempt the task on the first day they return to school.

Additionally, technology issues are not valid ground for misadventure. As such, students should be encouraged to:

- always complete work before the deadline.
- back-up files regularly;
- print out copies of drafts and keep them while the assignment is in progress.

More information about late submissions and assessment tasks in Year 10 can be found in the Assessment Booklet. The booklet also features the schedule of assessments for each course which will assist in planning and preparation for tasks.

If students are concerned about how they will approach their assessments, they are encouraged to seek assistance from their class teacher, the Faculty Head Teacher, as well as members of the Wellbeing Team including the Year Advisor, Head Teacher and Student Support Officer.

Careers Information

I encourage all students who are interested in their future pathways to meet with the Careers Advisor, located in the library. If students are interested in pursuing TAFE taster courses or discussing Work Experience opportunities, we recommend that they see the Careers Advisor as soon as possible to begin the planning and preparation.

Ms Kate Richards
Deputy Principal Year 10

DEPUTY PRINCIPAL'S REPORT CONTINUED

Stage 6 Reports and Parent-Teacher Interviews

Year 12 reports will be completed at the beginning of term 2 and distributed to students at the beginning of week 3, with parent-teacher interviews taking place on the Tuesday of Week 4, May 21st, from 4pm to 7pm.

Year 11 reports will be completed in early term 2 and distributed to students at the beginning of week 5, with parent-teacher interviews taking place on the Tuesday of week 6, June 4th, from 4pm to 7pm.

Since the impact of Covid our Parent Teacher Nights on the Senior Campus have been held over Zoom and these have been very successful. While we are still in the planning stages for our PTNs for 2024 we would like to gather feedback from our parent community about whether online or face to face are most convenient and preferable for most people.

To that end, please complete the surveys at the following links:

Year 12 Parents and Carers: <https://forms.gle/HJrc85v6bPazqvXW8>

Year 11 Parents and Carers: <https://forms.gle/VBgYGtF1FjZRN4oQ6>

More information about these events will be distributed early next term, but for now please mark these dates in your calendar.

Uniform Concerns

As we come towards the end of another busy term and the weather (finally) starts to cool, I would ask all parents and carers to revisit our uniform expectations and assist us in ensuring that your children come to school wearing the correct uniform every day. This includes wearing white socks that reach over the ankle every day, including sport days, and the school jumper or soft-shell jacket each day. Non-school hoodies or jumpers will be confiscated, and students are always welcome to come to my office or Ms Richards' office to be issued with the correct white socks if they 'forget' their socks. However, students who consistently come to school in incorrect uniform items will be asked to return home to change.

Ms Jodi Arrow
Deputy Principal Senior School

JUNIOR CAMPUS

Safe on Social Presentation

In collaboration with the P&C we arranged for a zoom presentation on the evening of the 20th of March delivered by the founder of Safe on Social Kirra Pendergast. The presentation covered a range of topics and provided helpful and practical strategies to support young people in being safe and responsible on social media. We have access to a recording of the presentation for three months so if you didn't register for the presentation and would like to view the recording, you are able to purchase it for a cost of \$5. See my email for more details.



Year 7 Assessment Tasks

Year 7 have been doing a fantastic job managing assessment tasks this term. In lieu of peer support in week 9 on Monday, all of year 7 will be participating in an Assessment Planning and Evaluation session with our Student Support Officer Emma O'Toole and Year 9 Peer Support Leaders. Students will reflect on challenges they have faced regarding assessment task completion and learn about strategies to overcome these challenges. The session will cover general organisation and time management strategies as well as who to go to for support if required.

Ms Philippa Hicks

Relieving Deputy Principal Year 7

Wednesday Sport

Attendance at Wednesday Sport is a compulsory DOE requirement. If your child is injured and unable to participate fully in Sport, they should remain at school and either safely assist at their regular sport (officiating, scoring or assisting in other ways), or attend non-sport in the Library during their recovery period. Medical appointments always be made outside of school hours, wherever possible.

Valuables

Please remind your child that they should not bring any unnecessary valuables to school. Any essential valuables brought to school, such as phones and wallets should be kept on their person. School bags should not be left unattended. This will assist in removing the risk of theft or accidental damage to student property.

Road Safety – Cycling to School

It is wonderful to see many students opting to ride or scoot to school on the Middle School Campus. However, it has become apparent that a number of students are at times not wearing helmets, which poses an unacceptable risk to their health and safety. While road safety education is built into the school curriculum, we do also rely on the support of families to ensure students are making the right decisions when it comes to riding bikes and scooters. If your child rides or scoots to school, please remind them of the importance of wearing a helmet at all times when commuting.



Study Skills

This is the time of year that assessment tasks have increased in volume and parents and students are often looking for strategies to manage the increased workload at home. Parents and students can learn more about studying efficiently and effectively by working through the units at www.studyshandbook.com.au.

Our school's access details are:

Username: **cammeraygalhs**

Password: **pacificwest**

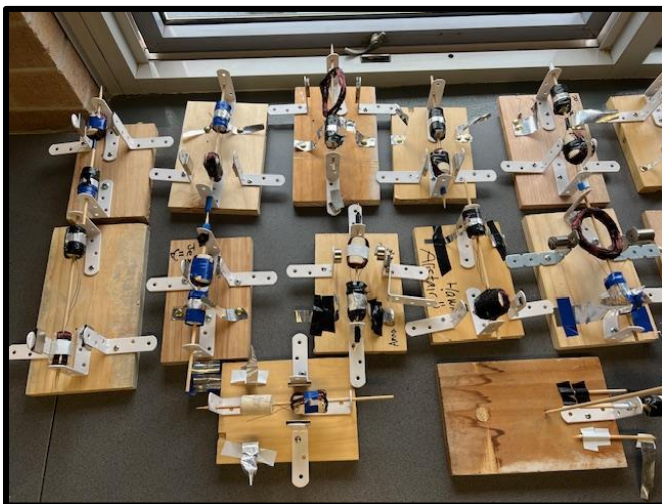
Mr Peter Barraclough
Deputy Principal Junior School

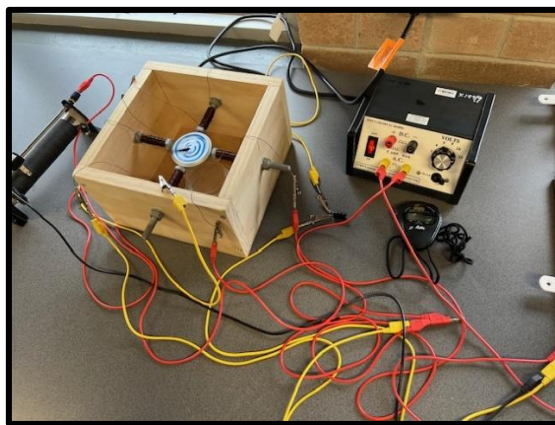
Faculty News

Science

Year 12 Physics

This term, Year 12 Physics students have been building AC and DC motors as part of their study of Electromagnetism.





Mr James Everett and Ms Evangelia Woods
Science teachers

Aboriginal Studies

Coal Loader excursion

A few weeks ago, a group of year 9s, 10s and 11s had the privilege of meeting with Professor Dennis Foley, one of the last surviving men of the Cammeraygal clan, at the Coal Loader in Waverton. He spoke about the importance of skin names, connection to country and the value of oral history. He also expressed the importance of certain rituals like the coming-of-age ceremony for men in society. In order to prove themselves, young boys would take part in dangerous warrior training - such as riding on a whale's back, as depicted in a stone carving at Ball's Head. When we first got to the park, Professor Foley cleansed the area with a smoking ceremony and gave an important welcome to the Country. After that, he painted ochre which consists of crushed rocks, and water, the girls received three dots on their temples and the boys a stripe on their wrists. He generously shared his personal experiences as a member of the stolen generation and reinforced the value of acknowledging the culture and history of Aboriginal Peoples and how it shapes many aspects of our society today. Overall, the experience enriched our knowledge of the Cammeraygal Peoples and helped us to understand the complexities within and across Aboriginal societies.



Ms Jessie Coulson
Learning and Support Coordinator (Year 10-12)

Student Representative Council

Green Schools Collective

A few weeks ago, Environment Captains Alex M and Max N had the privilege of representing Cammeraygal at the quarterly meeting of the Green Schools Collective, a network of local schools focused on environmental discussions and initiatives. The network, consisting of various local high schools and primary schools, encourages sharing and collaborating on environmental projects. The meeting focused on practical sustainability activities and discussions on environmental initiatives, through every school presenting a 2 minute speech on initiatives they are currently running/working on in their school. Some cool initiatives included “Environment Week”, where schools dedicated an entire week to sustainable practices, as well as the environment committees implemented by multiple schools, where groups of students work together to build on environmental practices at the school. We also got to share some of our sustainable practices, like the Bush Tucker Garden, an initiative actually started by an ex-student of the school, and our new recycling program which hopes to cater to the open-classroom layout of the Cammeraygal Senior Campus. Overall, the meeting was an invaluable opportunity for us to connect with other schools passionate about sustainability and exchange ideas, and we can’t wait to implement some of them ourselves! We already have a Cammeraygal Eco Club in the works, led by Ms Zirinsky and Ms Garden.



Mr Louis McIntyre

Head Teacher Strategic Initiatives and LOTE, English Teacher

Music

All seven of Cammeraygal HS music ensembles have made a great start to the year.

We welcome our new conductors, Mr Nick Kalaf (Guitar) and Brendan Paul (Percussion) and welcome back Ms Sarah Qui (Strings) and Ms Jennifer Power (Concert Band).

CHS Music staff, Ms Alex Lang (Wind Band, Stage Band and Vocal Ensemble) and Ms Ann Boyle (Stage Band and Vocal Ensemble), are delighted with the start to 2024.

New members are always welcome to join our ensembles. Please contact us through the school email or have your child speak with the music staff – Ms Alex Lang or Ms Ann Boyle.

‘In Concert’ Choral Festival

Year 10 Elective Music and the Vocal Ensemble will be performing in the Sydney Town Hall on the evening of Tuesday May 28 as part of the NSW State Choral Festival.

They will be performing with The Arts Unit Orchestra and Stage Band along with special guest artist Darren Percival (from The Voice) in a choir of 800 voices.

TICKETS (Tuesday performance) CAN BE PURCHASED THROUGH THIS LINK:

<https://cityrecital.ink/InCon24>

Students will perform:

- John Rutter's 'Gloria' Mvt 1& 3
- Jazz arrangement of 'Waltzing Matilda '
- John Farnham's 'Age of Reason'
- Sophie Raymond's 'For all mankind' - song for UN Climate Summit
- James Henry's 'Murrumurrug' - song about the Ibis in Narran Lakes

Cammeraygal High School Music Ensembles

Rehearsals will take place on both campuses. The rehearsals on West St will occur in room D.G.56 and in room A.4.01 for the Pacific Highway campus.

Monday	West DG56	7:30-8:30am	String Orchestra	Ms Sarah Qiu
Tuesday	Pacific A401	3:30-4:30pm	Guitar Ensemble	Mr Nick Kalaf
Wednesday	West DG56	7:30-8:30am	Stage Band	Ms Ann Boyle Ms Alex Lang
Thursday	Pacific A401	7:30-8:30am	Percussion Ensemble	Mr Brendan Paul
Thursday	West DG56	3:30-4:30pm	Vocal Ensemble	Ms Ann Boyle Ms Alex Lang
Friday	Pacific A401	7:30-8:30am	Wind Band	Ms Alex Lang
Friday	West DG56	7:30-8:30am	Concert Band	Ms Jennifer Power

String Orchestra 7:30am-8:30am (\$350 fee) - violin, viola, cello, double bass

Guitar Ensemble 3:30pm-4:30pm (\$350 fee) – acoustic/electric/bass guitar

Stage Band 7:30am-8:30am (\$200 fee) - Students who would like to join this ensemble are asked to speak with Ms Lang or myself prior to the day - saxophones, trumpet, trombone

Percussion Ensemble 7:30am-8:30am (\$350 fee) – tuned/untuned percussion, drumkit

Vocal Ensemble 3:30pm-4:30pm (\$150 fee) - all welcome

Wind Band 7:30am-8:30am (\$350 fee) – Year 7 & 8 students who would like to join this ensemble are welcome to come along - flute, clarinet, oboe, bassoon, saxophones, trumpet, trombone, tuba, piano, tuned percussion, untuned percussion

Concert Band 7:30am-8:30am (\$350 fee) – Year 9-12 students who would like to join this ensemble are welcome to come along - flute, clarinet, oboe, bassoon, saxophones, trumpet, trombone, tuba, piano, tuned percussion, untuned percussion

Reminders

- The front gate of each campus will be open from 7:20am for students to arrive.
- After school rehearsal - gate will be open from 3:00pm-3:30pm.
- Students are able to leave instruments in storerooms on both campuses and pick them up after school OR walk them back to their relevant campus.

We look forward to working with your musicians in 2024. Please email the school if you have any questions.

From the Careers Desk

Cammeraygal Careers Website

Our school website provides up-to-date information on all upcoming events, courses and workshops and all things Careers.

Here's how to sign up:

1. Click the "Login" button on the top right-hand corner of the website.
2. Click on the pink "Register here" button and enter in your details.
3. Click register after you have entered in your details.
4. Follow the prompts to check your email for the verification.
5. Your account is now ready to use!

When you're in the student secure area you will be allowed to create career plans, build resumes, cover letters and e-portfolios, take careers-related quizzes and many more!

Please visit: <https://www.cammeraygalcareers.com/>

Ms Jennifer Perry
Careers contact

Well-being @ CHS

International Women's Day

On Friday 8 March, Cammeraygal High School celebrated International Women's Day. The theme for this year's event was 'Count Her In: Invest in Women. Accelerate Progress'. Female students from both the Pacific and West Street campuses attended a morning tea in the West Street Hall where Natalie Barr, co-host on Channel 7 Sunrise program, spoke to the students about the challenges and successes of her career in journalism and answered questions from the students. It was both an inspiring and informative talk and was thoroughly enjoyed by all. We were very pleased that the Director of Educational Leadership, Sharon Sands, was able to join us for this special event.





Following the morning tea, the Captains from both the Pacific and West Street campuses were taken by Ms Simone Shorter and Ms Adrienne Gale to the United Nations International Women's Day lunch at the International Convention Centre. The students and staff enjoyed a wonderful lunch listening to the Governor of the Reserve Bank, Ms Michelle Bullock, on the importance of economic literacy for the advancement of gender equality. Everyone also enjoyed a Q&A session with former professional Australian rules footballer, Moana Hope, who played in the AFL Women's competition from 2017 to 2019. Her life advice, trials and tribulations entertained all in attendance. It was a wonderful celebration of the amazing women in our community.

Ms Adrienne Gale

HSIE Teacher, Supervisor of Girls (West St) and ARCO (West St)

Young Women's Leadership Seminar

On International Women's Day, two Year 11 students, Sami H and Eve L went to the Young Women's Leadership Seminar at Parliament House with Ms Chapman to hear from inspiring keynote speaker, Associate Professor Lisa Williams, a social psychologist whose research examines the dynamics between emotional experience and social interaction. Lisa shared personal stories of her professional highlights, setbacks, and experiences. In addition, a panel of female Members of Parliament discussed highlights, challenges, and opportunities they have experienced throughout their careers. By meeting and engaging with a variety of women in leadership roles and discussing the issues they face, the seminar inspired Sami and Eve to consider leadership roles in their future lives and careers.



Ms Emma Chapman

History and Society and Culture Teacher

From the Library

CBCA Book of the Year

The CBCA Book of the year shortlist has been released. Come down to the library to read some of the shortlisted books and don't forget to log them as part of the Premiers Reading Challenge.

Happy reading!

2024 CBC Book of the Year Shortlist

Book of the Year: Older Readers



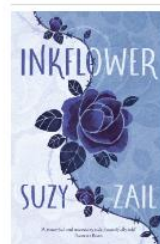
A Hunger of Thorns
Lili Wilkinson
A & U Children
an imprint of Allen & Unwin
ISBN: 9781760526948

[read more...](#)



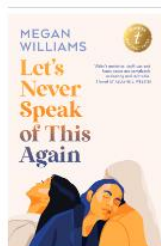
Grace Notes
Karen Comer
Lothian Children's Books
an imprint of Hachette Australia
ISBN: 9780734421722

[read more...](#)



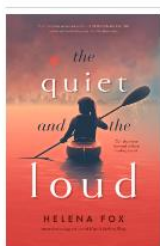
Inkflower
Suzy Zail
Walker Books Australia
ISBN: 9781760653736

[read more...](#)



Let's Never Speak of This Again
Megan Williams
Text Publishing
ISBN: 9781922790392

[read more...](#)



The Quiet and the Loud
Helena Fox
Pan Macmillan Australia
ISBN: 9781760983024

[read more...](#)



Two Can Play That Game
Leanne Yong
A & U Children
an imprint of Allen & Unwin
ISBN: 9781761063374

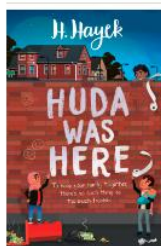
[read more...](#)

Book of the Year: Younger Readers



Being Jimmy Baxter
Fiona Lloyd
Puffin AU
an imprint of Penguin Random
House Australia
ISBN: 9781760148515

[read more...](#)



Huda Was Here
H. Hayek
A & U Children
an imprint of Allen & Unwin
ISBN: 9781761068430

[read more...](#)



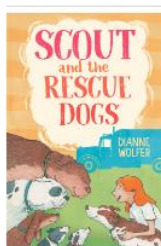
Real Pigeons Flap Out
Andrew McDonald
ill. Ben Wood
Hardie Grant Children's Publishing
ISBN: 9781761211546

[read more...](#)



Scar Town
Tristan Banks
Puffin (AU)
an imprint of Penguin Random
House Australia
ISBN: 9780143791812

[read more...](#)



Scout and the Rescue Dogs
Dianne Wolfer
ill. Tony Flowers
Walker Books Australia
ISBN: 9781760655860

[read more...](#)



The Sideways Orbit of Evie Hart
Samera Kamaledidine
HarperCollins Publishers
ISBN: 9781460762653

[read more...](#)

Mary Cumberland
Library/Wellbeing Officer

| From the CHS P&C Association

Sport

Open Girls Basketball

The Open Girls Basketball team played against Northern Beaches Secondary College - Mackellar Campus in the Round of 16 of the Sydney North Knockout Basketball competition. The team fought hard and played to an excellent standard, however lost the game 51-36. Whilst it unfortunately wasn't our day, the team supported each other with positivity and maintained a 'never say die' attitude. Many girls in this team have been playing together for Cammeraygal for a number of years and are grateful for the ongoing support of the Cammeraygal staff, students and wider community.



Photo - (back row L-R) Sahara R, Leah P, Alexandra M, Jacinda S, Sarah M (front row L-R) Sophie C, Jade S, Willow T, Mrs Thompson (Coach)

Netball

The commencement of the 2024 Winter Netball Competition is only a few weeks away and we are excited to get back onto the courts for another season building our community of players, coaches and umpires representing the Cammeraygal Netball Club (CNC).

This also would not be possible without the support of our family and friends, we look forward to welcoming and reconnecting with everyone on the court sidelines this season.

Our **first Training session** is Wednesday 27th March at Willoughby Courts and will continue weekly for the competition, excluding School and Public Holidays.

Team training times are noted below and an email has been sent to all contacts, please email us cammeraygal.netball@gmail.com if you did not receive this information.

Team	Training Time	Court Number
CNC 02	6:00pm - 7:00pm	Court 17
CNC 04	6:00pm - 7:00pm	Court 17
CNC 05	6:00pm - 7:00pm	Court 16
CNC 06	6:00pm - 7:00pm	Court 16
CNC 07	4:15pm - 5:30pm	Court 4
CNC 08	4:15pm - 5:30pm	Court 5
CNC 09	4:15pm - 5:30pm	Court 5
CNC 10	4:15pm - 5:30pm	Court 4



Back Row: Kamilla P, Maddie C, Maayan R, April T, Lilya M, Kaitlyn J, Izzy W
 Front Row: Sarah A, Anna C-B, Evanya R, Eve L, Lien D, Sienna P, Jade S, Sydney A

Round 1 - 6th April and **Round 2 - 13th April** are pre-school holidays, no games to be played on 20th and 27th, and then recommencing for **Round 3 - 4th May**. Game times TBA by NSNA.

Our ongoing commitment is to provide opportunities within our Club for continued development and we were excited this past Sunday to welcome the 2024 cohort to our first Coaches Clinic of the year. We wish you all good luck with your teams for the season ahead!

The **Preseason Sports and Agility Sessions** have been very popular and are now complete. Approximately 35 players have been participating in a one hour a week session run by Ben, an Accredited Exercise Physiologist, from The Exercise Collaborative (ExCo) at Cammeray.

CNC is appreciative of the collaboration with ExCo in delivering evidenced based, netball specific exercises to our players to improve overall physical performance and lower the risk of injury. Those attending the sessions have improved on their fitness, strength, speed, agility and have learnt proper biomechanics to prevent injuries.

ExCo is committed to working within the local community to deliver first class exercise programs to promote health, function and performance. They also offer injury rehab and prevention, performance and lifestyle training, strength and conditioning and chronic disease management. ExCo will be offering ongoing opportunities for our club members to continue strength-based training in their state-of-the-art gym environment. More details to come about this unique offer.



Psst! CNC is partnering with The Netball Crew again for **School Holiday Camps!**

We have two camps on offer on Wednesday 24 April. The first camp is for 5–12-year-old players wanting to build their netball skills, with CNC coaches assisting in the 5-12 year old program. The second camp is for players 11 years and older who want to achieve peak performance. The performance session is appropriate for all our club members, and we encourage everyone to attend, so that team performance can be focussed on.

All members of CNC can **use code CNC2024 for a discount** on fees.

The Netball Crew
Cammeraygal Netball

Footwork, Ballwork, Skills & Drills For All Players 5-12yrs

Wednesday 24 April
9am-3pm
Northern Suburbs Netball Association
Willoughby
1/2 Day option for 5-Byrs available

\$95

QR code with **BOOK NOW** button

Logos for Northern Suburbs Netball Association and Willoughby Netball Club are at the bottom left.

Willoughby
11yrs+ Performance + Specialist Session

WEDNESDAY 24 APRIL
11.00AM - 3.00PM
\$75

SHOOTING with Kelly Singleton
DEFENCE with Charli Fidler
MIDCOURT with Amy Sligar

QR code with **BOOK NOW** button

Three netball players in Willoughby kits are at the bottom.

Environment

CHS Sustainability Journey Continues!

Along with 14 other schools in the area, Mr. Louis McIntyre and this year's Environment prefects Alex and Max attended the North Sydney Council Green Collective inaugural meeting in Week 5. The Green Schools Collective is a network of North Sydney schools that meets once a term to share challenges, successes, foster ideas, gather leaders on sustainable topics to speak. The aim is to offer those championing sustainability at their schools an opportunity to connect with others in their community around this topic. In the meeting our CHS representatives Alex and Max shared with the other participating schools CHS's sustainability journey so far. As well as creating a native bee garden, CHS also established an indigenous bush tucker garden and used the school Instagram account to post 'native animals of the month'. All attendees were excited to participate in the initiative and implement new ideas in their schools.

Thank you, Alex, Max and Mr. McIntyre, for taking the time to represent the CHS community at the meeting. We look forward to hearing more forthcoming sustainability projects from you.

You are invited! Please pencil this date in your diary.



Green Schools Collective

World Ocean Day Beach Clean-up

JH Jenni Hagland  [Contact](#)

The theme for the United Nations World Oceans Day 2024 is "Planet Ocean: Tides are Changing". It aims to uncover the hidden facets of planet Earth and create a fresh surge of enthusiasm for preserving and safeguarding the ocean and our entire blue planet.

Green Schools Collective is bringing all the schools together for our first whole school clean-up!

When: Sunday, 9th June 2024

Who: All Green School Collective participating schools (parents, siblings, students, educators all are welcome!).

Green Schools Collective: World Ocean Day Beach Clean-up!

Let's all come together to clean around our beautiful harbour the weekend of World Ocean Day. All Green Schools Collective participating schools (inclusive of teachers/parents/students/families) are welcome to join us at Athol Hall Lawns. Please share the sign-up link below with your school communities.

Date: Sunday, 9th June
Time: 9:30 - 11am

To find out the location and what to bring access via the sign-up link below:
<https://www.signupgenius.com/go/60B0549A9A922AAFE3-48428899-world>

| Community

Community News

Are you sick and tired of having nowhere to recycle your soft plastic or waiting for the fortnightly council collection? Look no further! North Sydney Council has partnered up with Recycle Smart and they will come and collect your recyclable items. Recycle Smart is a fantastic initiative!



What it's about? <https://www.northsydney.nsw.gov.au/waste-recycling/recyclesmart>

PLAY RUGBY



**Boys and Girls
from U6 to U16**

Training: U6-U9 Thursday Home Games:
Primrose Park U10-U16 Wednesday Tunks Park

NORTHS PIRATES JUNIOR RUGBY CLUB

**NORTHERN
SUBURBS**



www.northspirates.rugby



— NSW —
RUGBY UNION

Please contact Michael on 0419 711 970 for more information

Come and Play Women's Soccer!



Why let the Matildas have all the fun!

Greenwich Sports Club is looking for Women to come and join one of their soccer teams (over 30s or over 45s).

We have teams in every division and would welcome everyone from new players to experienced players.

It's a great way to meet people in your community and to make new friends and keep fit. Matches will be on Sunday afternoons with a training session midweek.

If this sounds like you and you would like to give it go, take a look at the website below, registrations are open now :

<http://www.greenwichsportsclub.com.au/football/registration.html>

If you would like more information please give Ali a call, she would be happy to chat with you on: 0413 099 123

Colour Flix

The Child and Youth Mental Health Service (CYMHS) is running a School Holiday Youth Week Event: The Colour Flix Youth Festival at St Leonards Park, North Sydney on the 19th April 2024 12:00pm to 5:00pm.

This is a FREE family friendly event. There will be a Colour Run with a fun obstacle course. DJ Max will provide the tunes and the winners from Battle of the Bands in Lane Cove will rock the stage to keep the fun going.

A fantastic BBQ and an Ice Cream Van will feed and water the hungry and the thirsty. The day will finish with an Outdoor Movie Screening- Puss in Boots: The Last Wish. There will also be information stalls from local services and other entertainment to keep everyone entertained.

For more information and your free ticket visit [Colour Flix | Humanitix](https://events.humanitix.com/colour-flix) (Free ticket includes Sausage sizzle, drink and ice cream for attendees- subject to availability).

This event is coordinated by CYMHS (School-Link), headspace Chatswood, SDECC, Lane Cove Council, North Sydney Council, Streetwork, SNPHN, Mosman Council, City of Ryde, Ku-ring-gai Council & Community Drug Action Team (Hornsby Ku-ring-gai).

Colour Flix

Fri, 19 April
12pm-5pm
FREE

events.humanitix.com/colour-flix

DJ - LIVE BANDS

COLOUR RUN - OUTDOOR CINEMA

BBQ - INFO STALLS - FUN VIBES
ALL AGES - DRUG/ALCOHOL FREE EVENT

St. Leonards Park - North Sydney **Info & Register**

CDAT **headspace** **Lane Cove Council** **Mosman Council** **Northern Sydney Local Health District** **City of Ryde** **sdecc** **streetwork** **SYDNEY NORTH Health Network**

NYW **NSW YOUTH WEEK**

Community Drug Action Team (Hornsby Ku-ring-gai)